

# Breakfast Meal Pattern- Serve Only

## Must serve minimum components: Fruit, Grain, Milk

Grades		K-5	6-8	9-12	Additional information
Fruits (cups)	Weekly (daily) amounts required to serve per child	5 (1)			¼ cup of <b>dried</b> fruit counts as ½ cup of fruit. Juice must be 100% full-strength & only credit towards ½ of fruit offered. 5 cups/week and a minimum of 1 cup/day is effective July 1, 2014. Minimum creditable serving is ⅓ cup.
	Minimum amount taken to count as a component	1			
Total Vegetables (cups)	Weekly (daily) amounts required to offer per child	0			Vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other vegetables” subgroups as defined in §210.10(c)(2)(iii). Minimum creditable serving is ⅓ cup.
	If offering, daily amount required to serve per child	1			
	Minimum amount taken to count as a component	1			
Grains (oz eq)	Weekly (daily) amounts required to serve per child	7-10 (1)	8-10 (1)	9-10 (1)	July 1, 2013: these grain ranges must be offered.
	Minimum amount taken to count as a component	1	1	1	July 1, 2014: all grains offered must be whole grain-rich.
Meats/Meat Alternates (oz eq)	Weekly (daily) amounts required to offer per child	0			There is no separate meat/meat alternate component in the SBP. May offer 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.
	If offering, daily amount required to serve per child	1			
	Minimum amount taken to count as a component	1			
Fluid milk (cups)		5 (1)			Only fat-free milk can be flavored. Fluid milk with fat content greater than 1% is not allowed. Must offer two choices.
Other Specifications: Daily Amount Based on the Average for a 5-day week					
Minimum - Maximum calories (kcal)		350-500	400-550	450-600	Beginning July 1, 2013
Sodium (mg) SY 2013-14 only		700-1000	800-1100	900-1200	Arizona requirement, 2mg/kcal
Sodium (mg) SY 2014-15		≤ 540	≤ 600	≤ 640	See implementation timeline for SY2017-2023
Saturated fat (% of calories)		≤ 10			Beginning July 1, 2012
Trans fat		Beginning July 1, 2013, nutrition label or manufacturer spec must indicate zero grams of trans fat per serving			